

Secret Ingredient Low-Carb Granola

Hands-on 10 minutes Overall 1 hour 10 minutes



Nutritional values (per serving, about 1/4 cup): Total carbs: 8.3 g, Fiber: 5.7 g,

Net carbs: 2.7 g, Protein: 5.4 g, Fat: 17.3 g, Calories: 198 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app

Ingredients (makes 6 cups)

- 1/4 cup [pine nuts](#) (34 g/ 1.2 oz)
- 1 1/4 cup [whole almonds](#), skin on (179 g/ 6.3 oz)
- 1/4 cup cashews (45 g/ 1.6 oz)
- 1/4 cup [slivered almonds](#) (27 g/ 1 oz)
- 1/2 cup [pecans](#) (50 g/ 1.7 oz)
- 1/2 cup [sunflower seeds](#) (70 g/ 2.5 oz)
- 1/2 cup pepitas (65 g/ 2.3 oz)
- 1/4 cup [sesame seeds](#) (36 g/ 1.3 oz)
- 1/2 cup [flax meal](#) (75 g/ 2.6 oz)
- 1 cup shredded or shaved coconut, unsweetened (75 g/ 2.6 oz)
- 1/4 cup [sugar-free maple flavored syrup](#) such as Lakanto or [Yacon Syrup](#) or any [Choc Zero syrups](#) (60 ml/ 2 fl oz)
- 1/2 cup virgin [coconut oil](#) (120 ml/ 4 fl oz)
- 1/2 tsp [vanilla powder](#)
- 2 tsp fresh orange zest or 1 tsp dried orange zest
- 1/2 tsp [cinnamon](#)
- 1/4 tsp cardamom
- 1/4 - 1/2 tsp sea salt or [pink Himalayan salt](#)

5. Once brown and crunchy, remove from oven and let cool.

While still warm, but not hot, sprinkle sea salt and orange zest over granola and stir through. Once chilled, transfer into a jar or airtight container and keep at room temperature for up to a month. One serving is about 1/4 cup (it doesn't sound like much, but it is plenty when you eat it. If it's not enough, eat 1/2 cup - it will still be very low in carbs!). Serve with plain full-fat yogurt, unsweetened almond milk, cashew milk or coconut milk.

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Instructions

1. Preheat oven to 150 °C/ 300 °F (fan assisted), or 170 °C/ 340 °F (conventional). Combine all nuts, seeds and spices, except for the salt and orange zest, into a large bowl.
2. Melt the coconut oil in a small pan or carefully in the microwave. Add the sugar-free maple syrup and mix well. Pour melted ingredients into nut and seed mix and combine thoroughly.
3. Spread mixture out in an even layer onto a lined baking tray and bake for 45 to 60 minutes.
4. Stir every 15 minutes and keep a close eye on it after the 30 minute mark, it can easily go from toasted to scorched.